

SPACE EFFICIENT MULTI-USE EXERCISE APPARATUS**ABSTRACT OF THE DISCLOSURE**

An exercise apparatus provides increased exercise versatility and highly compact storage. A mounting of the weight stack units on a framework including wall mounted or free-standing rails allows the weight stack units to be moved between various usage positions and a highly compact storage position. The rails have a collapsible or removable segment, for reducing a footprint of the framework in a storage position. In the storage position, the framework forms a storage space that accommodates the weight stack units, a collapsible user support bench, the barbell, and other accessories. This equipment, which may further include, e.g., a foldable treadmill and screen monitor, a leg extension and curl attachment, and a preacher curl attachment, may be concealed behind panels provided as part of the apparatus. Each weight stack unit may have attached thereto a Smith guide and bearing. A compact arrangement is provided for reducing momentum of lifted weight plates. An exercise handle assembly has added degrees of freedom to facilitate user forearm and wrist rotation.

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